

Basic Egg White Omelet

submitted by YadiraOrtiz

Per serving: 171 Calories • 1g Carbs (0g Fiber) • 11.7g Fat • 14.5g Protein

Ingredients

Ingredients scaled to: 2 serving

8 large **Egg white** (264 grams)

2 dash **Salt** (0.80 grams)

2 dash **Pepper** (0.20 grams)

2 tbsp **Butter** (28.4 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Whisk the egg whites, salt, and pepper in a medium bowl until thoroughly combined. Set a serving plate aside.
2. Melt the butter in an 8-inch nonstick frying pan over medium heat until foaming. Add the egg mixture and cook one side.
3. Spread the egg mixture evenly across the pan. Cook each side of the omelet for about 1-2 minutes.
4. Gently push the folded side of the omelet toward the edge of the pan. Tilt the pan over the serving plate and roll the omelet onto the plate.
5. Serve and enjoy!